

Practical Tips on Weight Loss

By MaryRose Spence BHSc
Registered Dietitian



The public rely on:

- the promise of diets
- energy in and energy out
- 'good', 'bad', 'healthy' choices

Still we have 65% of the New Zealand adult population overweight or obese



Two Aspects to Weight Loss

- Body Composition
 - different lifestyles
 - different ethnicities



The emphasis with weight loss has always been on how much body fat you have.

However muscle mass is what determines your metabolic rate, or the size of your engine.

A higher muscle mass uses fuel or food faster

A lower muscle mass or a smaller engine means you need to be smart with your portions

There is no 'one size diet' fits all



Take 2 men ...

- Same age
- Same height
- Both weigh 120kg

However...

- One is an All Black – well muscled and with a low body fat
- The other is a gentleman with a sedentary lifestyle – a lower muscle mass and a higher body fat
- Quite different body makeups – but on paper they are often treated the same!



Two Aspects to Weight Loss

- Body Composition
 - different lifestyles
 - different ethnicities
- Food and Fluid



Once you understand your body makeup – you can then match your food choices to it.

Where do you find the truth about foods
for weight loss?

Many of the generalised messages on 'healthy food choices' are not always weight loss food choices

Strong emphasis on calories and kilojoules provided by foods...

But we also need to understand how foods fuel us and how long they last with us depending on our body makeup.



**All foods can be categorized
into
carbohydrate, fat and protein**



CARBOHYDRATES

REFINED

4kcal/gram

COMPLEX

Fruit

Cereals

Breads

Vegetables

Pasta

Grains

Crackers

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The collage is divided into two main sections: 'REFINED' and 'COMPLEX'. The 'REFINED' section at the top features a variety of high-calorie, processed foods. It includes a slice of chocolate cake, a cup of ice cream, a glass of orange juice, a box of Cadbury Dairy Milk, a bag of Pocky, a box of White Sugar, a can of Sweetened Condensed Milk, and a box of Fruit Flavors. The 'COMPLEX' section at the bottom features a variety of whole, unprocessed foods. It includes a bowl of fruit (grapes, strawberries, kiwi), a loaf of bread, a box of Kellogg's Sultana Bran cereal, a bowl of oatmeal, a box of Watties romano mix, a box of Uncle Tom's cornmeal, a box of Crackers, a bowl of pasta, a bowl of vegetables (broccoli, cauliflower, asparagus, mushrooms, green beans, cucumber, tomatoes), and a bowl of grains (quinoa, rice, lentils).

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Carbohydrates

- Digested and absorbed fairly quickly
- Provide us with energy that lasts 2 – 2 ½ hours
- Part of a meal, rather than a meal on its own



PROTEIN

4kcal/gram

ANIMAL



Meat



Chicken



Eggs



Cheese



Fish/Seafood

VEGETABLE



Seeds and Nuts



Tofu



Beans



Lentils



Chickpeas

Protein

- Take longer to be digested and absorbed
- Provide energy 2 – 2 ½ hours after they have been eaten
- Protein provides a back up energy or a longer lasting fuel





Protein

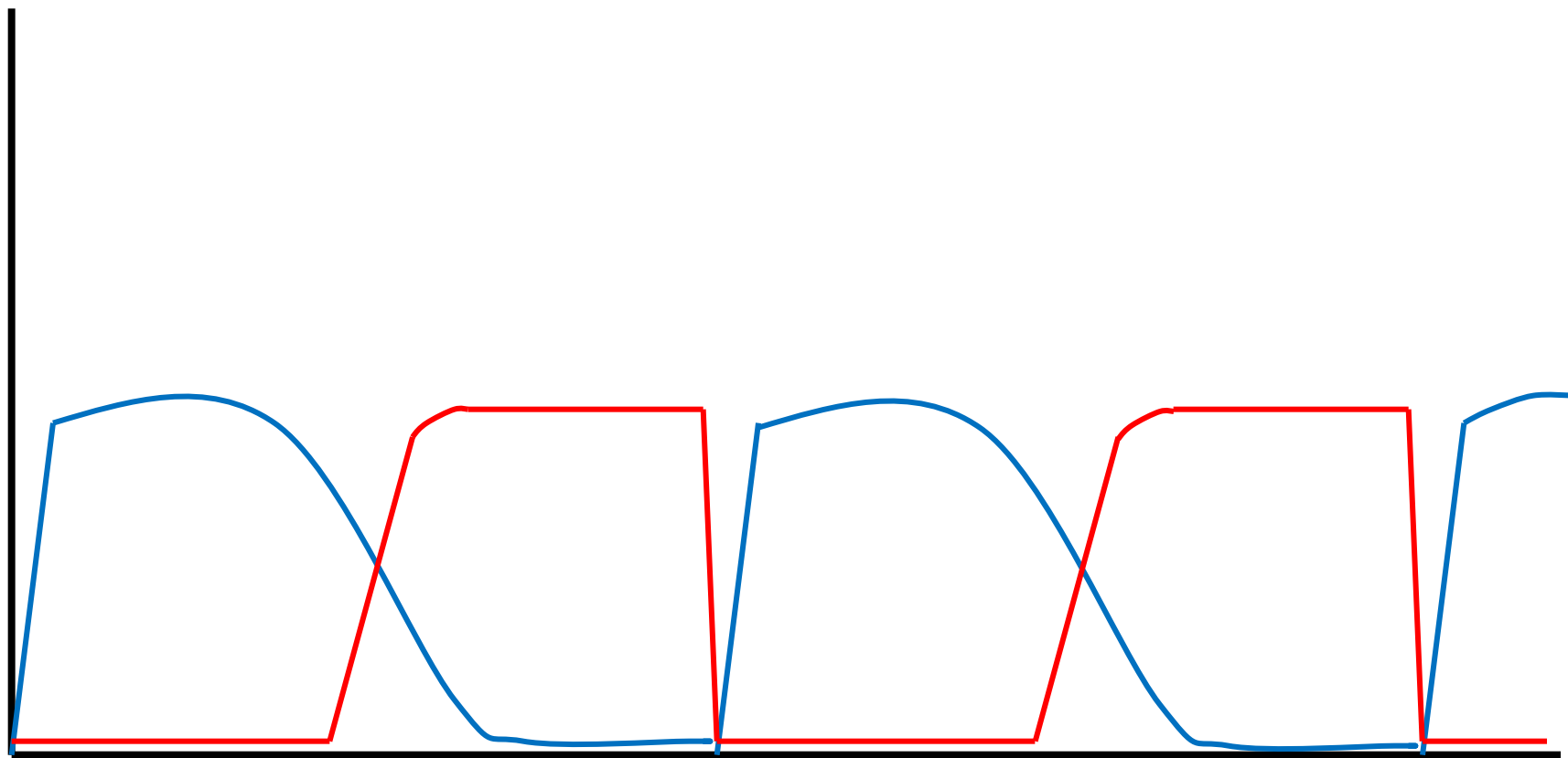


Carbohydrate

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Breakfast

Lunch

Dinner

Fats and Oils

All fats and all oils are high in kilojoules



Matching what you eat to who you are

High body fat with a high muscle mass

- *Carbohydrate and protein at a meal otherwise will get too hungry*
- *Regular meal times are important for this person*
- *Too much exercise may just stimulate an appetite*

High body fat with a low muscle mass

- *Very careful and aware of portions*
- *Emphasis on greens to add chunk and fullness to meals*
- *Have to exercise probably daily*



Practical tips for Weight Loss

- Start with a blank canvas
- Feel positive about making changes
- Small sustainable changes



Practical tips for Weight Loss

- Hydration
- Review alcohol
- Encourage daily activity
- Regular meal times



Practical tips for Weight Loss

- Design of a meal- carb and protein
- Fats and oils
- Generous greens
- Snacks
- Accountability



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www.weightwise.co.nz
0800WEIGHT

